



# ICSEW

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## GOVERNOR'S INTERAGENCY COMMITTEE OF STATE EMPLOYED WOMEN

*"To better the lives of state employed women"*

### GENERAL MEMBERSHIP MEETING

Department of Health

Point Plaza East, Rooms 152 & 153

January 12, 2010

8:00 am – 4:30 pm

**Executive Board Excused Absences:** Teresa Glidden, Darla Bauknecht

**8:00 – 8:30am Registration and Networking**

**8:30 – 8:35am Welcome and Announcements**

- Reviewed agenda and explained changes
- Expectation for staying for entire meeting was reiterated
- Kris Reichl, Samantha Smithingell and Melissa Rubenstein are Governor's nominees to Vision 2020
- April Karreci is the new Professional Development Subcommittee Chair
- March meeting has changed to Wednesday, March 10<sup>th</sup> at the L&I auditorium to accommodate professional development
- After hours networking will start again in February
- Gen read a quote by Karen Ravn: "Only as high as I reach can I grow, only as far as I seek can I go; only as deep as I look can I see, only as much as I dream can I be."

**8:35 – 8:50am Subcommittee Updates**

- Subcommittee Chairs gave updates

**8:50 – 9:00am Ice Breaker**

- Executive Board members have baby pictures and brief bios posted on the wall. Everyone should review them and try to guess who is who
- Kris asked everyone to introduce themselves by agency, position, last book read and childhood career aspirations

**9:00-9:45pm Subcommittee Meetings**

- Subcommittees broke out into groups

**9:45 – 10:05am Break**

**10:05 – 10:20am Updates and Policy**

- Kris wrapped up exercises from the previous two gm meetings by explaining our priorities for the year:
  - flextime and telecommuting options
  - benefits including medical
  - leave time including paid maternity leave and leave for military spouses
  - equal pay and opportunity
- ICSEW will continue to focus on health and wellness as well as professional development during 2010
- Gen distributed draft bylaws for explanation, discussion and approval
- It was moved by Roberta Carpenter and seconded by Teresa Reno to approve the bylaws as corrected; motion carried

**10:20 – 10:45am Subcommittee Updates (continued)**

- Subcommittee chairs shared information from the morning's subcommittee meetings
- A donation jar will be available the morning of our May general membership meeting to collect reimbursement for morning refreshments
- Betsy Hagen, from GET, will host morning refreshments at the March general membership meeting as an outreach event

**10:50 – 11:45pm Guest Speaker**

- Abby Kelso, ICSEW representative from Evergreen State College
  - Abby is the adult education outreach coordinator at Evergreen State College
  - Members broke out into groups of four and developed professional networking maps along with career goals
  - Small groups shared goals with the membership

**11:45 – 12:45pm Adjourn to Lunch**

**12:45 – 1:45pm Guest Speaker**

- Jeremy Lushene and Alicia Diefenbach, representing Department of Financial Institutions and Consumer University respectively, discussed savings methods and financial responsibility

**1:45 – 2:00pm Break**

**2:00 – 3:15pm**

**Guest Speaker**

- Kathy Bote discussed Stress Strategies and Solutions
  - She taught how to manage your mind, your work, personal care
  - When you worry about something, get it down on paper and set it aside
  - If something causes you stress, make a decision: change, cope or leave

**3:15-4:10pm**

**Guest Speaker**

- Melanie Reynolds, from Department of Personnel, spoke about the stages of transition
- She also shared information about layoff services

**4:10-4:20pm**

**Wrap-Up**

- Future potlucks will be assigned alphabetically to avoid an overabundance of food
- The baby picture ice breaker will resume at our May general membership meeting

Meeting adjourned at 4:20